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BangaloreMirror
Sunday, February 9, 2025
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All you need to know about...

Relationship trends

Balancing the scales
With growing financial independence and shifting societal norms, women are prioritising their personal preferences and values in relationships. They're assertively expressing their needs, setting clear boundaries, and seeking partnerships that genuinely resonate with their principles.

Breaking free
Indian women are moving beyond conventional expectations, embracing individuality, and cultivating relationships that reflect their personal values and life goals. The emphasis is shifting from following prescribed paths to prioritising self-growth, independence, and happiness.

Empowered decisions
With financial independence and evolving gender dynamics, women are unapologetically embracing their preferences in dating. They're looking for partners who align with their values and long-term aspirations rather than conforming to traditional expectations. While many women are making independent choices, they also value familial harmony.

Depth over speed
Slow dating is gaining traction among Indian women. Instead of rushing into relationships, there's a deliberate focus on building emotional and intellectual connections. Women are steering away from fleeting encounters, seeking relationships grounded in compatibility and mutual respect. There's a growing belief in serendipity – the idea that true connections often happen unexpectedly, but only when there's an existing foundation of emotional depth. If you ask us, it's about time.

Siblings' advice
Surprisingly, siblings are emerging as trusted advisors in the modern dating scene. Their candid, no-filter advice blends traditional wisdom with contemporary perspectives, making them relatable confidantes.
— Chandni Gaglani, Head of Aisle, for Femina

Try something new

These recipes are as delicious as they are unique

SHRIMP TOAST SANDO

INGREDIENTS
- prawns, minced- 500 gms
- egg white- 1
- sesame oil- 1 tsp
- white pepper- ½ tsp
- finely chopped spring onions- 1 tbsp
- rice wine- ½ tsp
- salt or to taste- ½ tsp
- cornstarch- 2 tbsp
- Good quality bread slices
- Black & white Sesame seeds to coat

METHOD
- Marinate the prawns with the egg white, sesame oil, pepper, rice wine, salt, and spring onions for 1 hr.
- Add cornstarch and mix when it's ready to use.
- Cut bread into rectangles. Smear the prawn paste and cover with another bread.
- Coat sides with sesame seeds.
- Fry on medium heat till golden brown.

FRIED MILK CUSTARD

INGREDIENTS
- Milk- 1 ltr
- Cornstarch- 125 gms

- Sugar- 125 gms
- Vanilla essence- 5-6 drops

METHOD
- Mix the ingredients together to ensure no lumps. Cook on medium flame till thick.
- Oil a flat GN pan with oil and pour the mixture in. Cool and then refrigerate. Cut into slices.
- Make a batter with 1:2 ratio of cornstarch to flour. Dip the custard slices in batter and coat with Panko breadcrumbs. Fry till golden brown.

HONG KONG TYPHOON SHELTER CORN RIBS

INGREDIENTS
- Whole corn on cob, cut into slices lengthwise- 3
- Salt- 1/4 tsp
- White pepper- 1 pinch
- Garlic powder- 1/4 tsp
- Fried golden garlic- 2 tbsp
- Toasted panko crumbs- 1 tbsp
- Salt- 1/4 tsp
- Mix & keep.
- Minced ginger- 1/4 tsp
- rice wine- 1/2 tsp
- Sliced fresh red chillies- 2
- Chopped spring onion- 1 tbsp

METHOD
- 1. Rub the corn slices with the seasoning and keep for an hour. 2. Coat the corn with 2 tbsp cornstarch and fry till the corns curl.
- Fry ginger till fragrant. Add chillies, panko crumbs mix, corn ribs and spring onions along with the rice wine. Toss and serve.

Chef Katherine Lim, Visiting Chef – Sheraton Grand Bengaluru Whitefield Hotel and Convention Center

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Over last 5 years, city lost 15,000 trees to various projects. Experts urge retrospection, effective measures to curb the decline of greenery. As for us, we can't help but wonder why it already...

FEELS LIKE SUMMER

Nearly 4,000 trees axed in 2024

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TWEETS @BangaloreMIRROR

It is like summer in February for Bengaluru. The city is already sizzling with mercury surpassing the 30-degree mark during the day.

However, we are still on a rampage with our green cover, the only determinant between an unbearable and tolerable summer. The city has axed more than 15,000 trees over the past five years, according to data from the Bruhat Bengaluru Mahanagara Palike (BBMP). Nearly 4,000 trees were cut out of these in the last year.

The trees were felled mostly to make way for development and infrastructure projects, such as metro lines, suburban rail lines, and road widening.

Experts say it is time that Bengaluru adopts a forward-thinking approach to safeguard its green assets, ensuring a sustainable balance between development and environmental responsibility.

The first casualty of infrastructure projects and mass tree felling in the city has happened from time to time. While economic growth is essential, we cannot afford to overlook the protection of common green spaces and the adoption of the sponge city concept, which is critical for climate resilience, they said. They cautioned that immediate and effective measures are needed to

CONTINUED ON PAGE 4 »

"All major projects must undergo rigorous Environmental Impact Assessments (EIA) to prevent greenwashing and ensure tangible restoration efforts on the ground

— Vinod Jacob, Namma Bengaluru Foundation

AGE OF ANXIETY

Experts stress on workplace mental health after 2024 survey reveals 90% employees under 25 experienced anxiety symptoms

PAGE 7

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THINGS TO DO

01 Green craft

Discover the art of natural dyeing at this hands-on workshop, enhance your co curricular skills by learning how to create beautiful, eco-friendly fabric designs using botanical elements. A perfect experience for plant lovers. **Where: Go Native, Jayanagar; When: February 23**

02 Banger beats

Experience an unforgettable evening as SOCIAL debuts MEET THE ARTIST: The Front Row Show with Sid Sriram's BOUNDLESS concert, bringing fans closer to his unplugged gig. **Where: Koramangala SOCIAL; When: February 20, 8:00 pm**

03 Innovative minds

Experience the most eventful fest with 2,000 more students, featuring art, photography, digital media, and sculpture to spark innovation and curiosity. **Where: Agastya International Foundation; When: Feb 10, 10:00 am**

04 Musical night

Celebrate Valentine's Day weekend with Soundarya's It Is What It Is Tour. Known for her fusion of modern and classical influences, her new Age pop sound promises a soulful musical experience **Where: Windmills; When: Feb 14 and 15**

05 Act unveiled

Don't miss 'Apne Ghar Jaisa', a powerful play on everyday bigotry and its impact on society. Join us for a thought-provoking performance that challenges perceptions and sparks conversation! **Where: Rangashankara; When: February 20, 7:30 pm**

Buckle up, metro tickets to be costlier from today

Off-peak hour discounts to make travel more affordable, but commuters upset with hike

| Sridhar Vivan
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TWEETS @sridharvMirror

Starting Sunday, Metro fares are set to increase as BMRCL implements a revised fare structure. The Fare Fixation Committee (FFC) submitted its recommendations on December 16, 2024, and as per Section 37 of the Metro Railway O&M Act, these recommendations are binding on the Metro Railway Administration. With the BMRCL Board's approval, the new fare structure will officially come into effect from February 9, 2025.

Revised fares

The revised metro fare structure will see commuters paying ₹10 for a distance of up to 0-2 km(F1), ₹20 for 2-4 km(F2), and ₹30 for 4-6 km(F3). Those travelling 6-8 km will(F4) be charged ₹40, while the fare for 8-10 km(F5) is ₹50. For distances between 10-15 km(F6), passengers will pay ₹60, increasing to ₹70 for 15-20 km(F7) and ₹80 for 20-25 km(F8). Journeys covering 25-30 km(F9) will cost ₹90, and for any journey beyond 30 km(F10), the fare remains capped at ₹90.

Non-peak hour discounts

For the first time, Metro is introducing peak and off-peak hour discounts to make travel more affordable. According to a Metro release, "The existing 5% discount on Smart Cards will continue, while an additional 5% discount will be offered for off-peak hour travel, effectively giving commuters a 10% discount (5% during peak hours + 5% during off-peak hours). Off-peak hours are defined as service starting at 8:00 am, between 12:00 pm and 4:00 pm, and from 9:00 pm until closing on weekdays. Additionally, a flat 10% discount will be offered on Smart Card fares for travel on Sundays and National Holidays, including (January 26, August 15, and October 2). The minimum balance requirement for Smart Cards has also been revised to ₹90.

Tourist card expensive

The revised Tourist Card fares have also seen a steep hike. A 1-day pass will now cost ₹300, while a 3-day pass is priced at ₹600 and a 5-day pass at ₹800. Group ticket discounts will apply when all members enter and exit from the same station together, with a 15% discount for groups of 25-99 people, 20% for groups of 100-1000, and 25% for groups exceeding 1000 members. For groups where individuals enter and exit at different stations, a flat fare of ₹60 per person will be applicable. If members enter together but exit at different stations, the fare will be ₹50 per person.

Public outrage

The fare hike has sparked public outrage, among workers' unions, civic organisations, and commuters. Critics argue that the increase will disproportionately affect middle-class families, daily wage workers, and economically weaker sections. Many have urged BMRCL to reconsider the decision, stressing that the revised fares could make metro travel unaffordable for many, especially following recent hikes in government bus fares.

Political and public discontent

Member of Parliament PC Mohan expressed disappointment over BMRCL's refusal to reconsider the hike. Posting on his 'X' account he remarked that the decision was disheartening and urged an immediate review.

Echoing this sentiment, metro unions and commuter groups voiced concerns over the financial strain the revision would impose on low-income groups. He argued that raising ticket prices would discourage a significant segment of the population from using the metro, undermining its role as an affordable public transport system.

Focus on cutting costs and alternative revenue

Unions have also criticised BMRCL for not addressing inefficiencies and unnecessary expenditures before resorting to fare hikes. Reports suggest that BMRCL spends around ₹2 crore monthly on repairs and maintenance, a cost that unions claim could be reduced by 50% with stricter controls. Activists have urged the government to intervene and streamline these operations to cut financial waste.

Suggestions for sustainable revenue generation

Civic groups have proposed several measures to help BMRCL boost revenue without burdening commuters. These include installing solar panels on metro station rooftops to reduce energy costs and optimising metro-owned land for parking facilities and other income-generating ventures.

"By focusing on non-fare revenue sources such as advertising and rentals, experts estimate that BMRCL could generate ₹5–6 crore per month, amounting to nearly ₹70 crore annually. Instead of increasing fares, BMRCL should work on minimising operational inefficiencies and exploring alternative revenue streams to keep the metro affordable for all sections of society," said activist Sudheer Prabhu.

Tripura top of the class, K'taka follows in primary school enrollment rates

| Sridhar Vivan
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Karnataka has achieved the second-highest primary education enrollment rate in India, following Tripura, according to the Comprehensive Annual Modular Survey 2022-23 released by the Union Ministry of Statistics. The report, which covers the period from July 2022 to June 2023, highlights that 97.4% of children aged 6 to 10 years in Karnataka are enrolled in primary education (grades 1 to 5). Tripura leads the rankings with a 97.9% enrollment rate.

Key insights

The report credits several factors for Karnataka's high enrollment rates, including the mid-day meal scheme, free distribution of textbooks, uniforms, and shoes, as well as other initiatives aimed at encouraging children to attend school. Additionally, programs offering milk and eggs to children have also been said to significantly contribute to increasing enrollments. The report highlights the distribution of enrollment across different school types, with 64.4% of students attending government schools, 25.2% opting for private schools, and 10.1% enrolled in aided schools. It also says that improved road and transportation connectivity in rural areas has enhanced access to private schools, while the overall quality of education in Karnataka continues to be commendable. Additionally, the survey points out notable gender disparities and a clear rural-urban divide in school enrollment. In rural areas, 17% of boys and 13% of girls attend private schools, reflecting a lower preference for private education. However, in urban areas, the enrollment rate for both boys and girls in private schools is approximately 46%, indicating better access and a higher demand for private education.

Efforts driving high enrollment rates

An education department official said, "Karnataka's government has implemented multiple initiatives to boost enrollment in primary education. These include intensive enrollment drives, improvement in infrastructure, and the dedication of teachers." He added that these efforts, combined with the state's educational policies, have significantly strengthened primary education. "Various government schemes, improved educational resources, and the relentless efforts of teachers have contributed to the remarkable increase in student enrollment at the primary level," he said.

Comparative enrollment rates across states (2022-23):

Tripura: **97.9%**
Karnataka: **97.4%**
Sikkim: **96%**
Puducherry: **95.5%**
Nagaland: **94.5%**
Kerala, Manipur, West Bengal: **94.4%**

Woman loses ₹5.67 cr to stock market scam

She happened to click on fraudulent link circulated via Facebook

What started as a promising investment opportunity ended in financial devastation for a former HR professional from the city. Lured by a fraudulent stock trading scheme, 50-year-old Namitha joined an online investment group, only to get duped out of Rs 5.67 crore. A police report has been filed against multiple accused, including Viresh Gupta and Ayan Joseph, for orchestrating the scam through fake trading firms 1812 Aditya Birla and Stock Frenzy.

According to the complaint, the ordeal began in September 2024, when the victim opened a demat account with a private bank for stock trading. The complainant then happened to click on a fraudulent stock recommendation link circulated via Facebook. Soon after, she received messages from two mobile numbers, allegedly operated by Viresh Gupta, who convinced her to join an investment group named Aditya Birla Senior Group VIP M424.

Within this network, which had around 35 members from Goppally, certain individuals encouraged the victim to open an 1812 Aditya Birla OTC account,

promising lucrative dividends. Trusting their assurances, the complainant was persuaded to invest significant amounts from December 10 to January 31, 2025, in the expectation of high returns.

Trail of transactions

The victim moved substantial amounts of money into multiple bank accounts controlled by the accused. The transfers included Rs 2,37,50,000 to an private bank account, Rs 22,00,000 to another, and Rs 2,67,50,000 to another account belonging to Ravi, one of the accused. Additionally, Rs 40,00,000 was transferred to another account. Further funds were funneled into accounts linked to the accused at various banks.

Despite the enormous investments, the victim never received any dividends or refunds of the principal amount. Realising that it was a scam, the complainant reached out to the perpetrators, but only to be met with evasions and silence. It was further revealed that 1812 Aditya Birla and Stock Frenzy were non-existent trading entities, created solely for fraudulent purposes.

Legal action initiated

With evidence in hand, the complainant approached law enforcement to initiate action against Gupta, Joseph, and their accomplices. The police are now probing the role of multiple suspects and tracking the flow of funds through various bank accounts to unearth the full extent of the scam.

Officials have also issued warnings to investors, urging them to exercise extreme caution when engaging in online stock trading and to verify the legitimacy of financial advisors and trading groups.

This case serves as a stark reminder of the rising number of cyber-financial crimes, highlighting the need for vigilance in digital investment spaces. Police officials said, "Many people join Whatsapp or Facebook groups through certain links. There will be many people in that group and group members will claim they have received so much money and ultimately the victim is manipulated and trusts the cyber frauds and ends up investing into it."

Police officers have registered a complaint under information technology act 2000 (U/s-66(C), 66(D); BNS (U/s-318(4), 319(2). **Sanjana CS**

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No mechanised sweepers after Feb 28? Roads suffer

BBMP's mechanised sweeping contract is set to end, raising concerns over rising pollution and safety hazards, with fears of poor air quality, dust, and neglected maintenance

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The Bruhat Bengaluru Mahanagara Palike (BBMP) had brought in mechanised sweepers to maintain the major and arterial roads by keeping them dust-free. With over 17 self-propelled machines and eight truck-mounted machines that were assigned in different zones would soon not be seen as the contract period is ending on February 28, and many citizens are worried that this could lead to an increase in pollution levels without frequent cleaning and even cause accidents to the regular commuters.

Although the contract ended in 2022, it was renewed and extended until the end of February 2025. With its completion, the contractor has informed the BBMP zonal executive engineer that the contract will end on February 28, and the machines will be returned to BBMP by March 1, 2025.

Clement Jayakumar, Member Secretary of Mahadevpura Task Force (MTF) said, "This would however cause a problem to the people. This would increase air pollution levels. The machines are old now as it was procured back in 2017. We have already highlighted the issue with the BBMP officials but they are stating fund allocation is a problem. As the Mahadevapura zone has five mechanised sweepers, it would take care of cleaning up the major and arterial roads even including flyovers and underpasses. We had always demanded more mechanised sweepers for the zone to cover more area. But as the contract is ending this will be a problem if it isn't renewed by BBMP. "

Flyovers and underpasses need regular upkeep, but poor maintenance will make commuting riskier

> **These machines play role in reducing particulate matter that contributes to poor air quality. Without mechanised cleaning dust from roads will resuspend into air**
> –Clement J, MTF

The Annual Maintenance Contract (AMC) ended in January 2025, Jayakumar highlighted, under which four tractors were used to clear construction debris, drain stagnant water, and repair damaged kerb stones.

"The AMC covered only 50 km of 225 km in arterial and sub-arterial roads in Mahadevpura and this was causing hardship for commuters. We were requesting BBMP for tractors to cover at least 170-180 km of roads. However now as the contract has expired this will also hinder the cleaning and maintenance of roads," he added.

He said, "The absence of mechanised sweepers in Bengaluru could lead to a significant rise in air pollution, as dust and debris accumulation on major and arterial roads will no longer be cleared efficiently. These machines play a crucial role in reducing particulate matter that contributes to poor air quality, especially in high-traffic areas. Without frequent mechanised cleaning, dust from roads will continue to resuspend into the air, aggravating respiratory issues among citizens, particularly children, senior citizens, and those with pre-existing conditions like asthma. Moreover, the accumulation of dust and waste on roads could lead to a rise in road accidents, as visibility for motorists may be compromised and loose debris could cause vehicles to skid. Flyovers and underpasses, which require regular upkeep due to high vehicular movement, will also suffer from poor maintenance, making commuting more dangerous. Additionally, construction debris left unattended due to the lack of cleanup mechanisms will only worsen road conditions, further contributing to traffic congestion and road deterioration."

While Bangalore Mirror tried contacting BBMP officials several times they were unavailable for a comment.

In pursuit of development, city bares its soul

CONTINUED FROM PAGE 1

curb this decline. "Trees are fundamental to the city's biodiversity, influencing weather patterns, water conservation, soil erosion prevention, and the survival of birds, animals, and humans. Just as water is vital, so is air quality, which is deteriorating at an alarming rate due to rising vehicular pollution. Immediate and effective measures are needed to curb this decline. Furthermore, all major projects must undergo rigorous Environmental Impact Assessments (EIA) to prevent greenwashing and ensure tangible restoration efforts on the ground. Sustainable urban planning is not a choice, it is a necessity for the future of Bengaluru," said Vinod Jacob, Namma Bengaluru Foundation.

Trees sustain biodiversity and air quality , countering rising pollution

Some point to the recent trend of institutions and campuses in the city losing green cover. According to Dattatreya Devare, trustee of Bangalore Environment Trust, these institutions should consider alternative ways of expanding their services and protecting leftover trees.

"A few years back, the majority of trees in the city were being cut for road widening projects. This was followed by metro rail construction and the most recent suburban rail project. However, of late, lots of institutions that had a lot of open space and green cover are cutting trees citing expansion of their services as the reason. This is a dangerous trend. Bengaluru has been fortunate to have institutions of various kinds with sprawling campuses. These institutions should consider the option of expanding elsewhere or opting for vertical expansion instead of cutting trees," said Devare.

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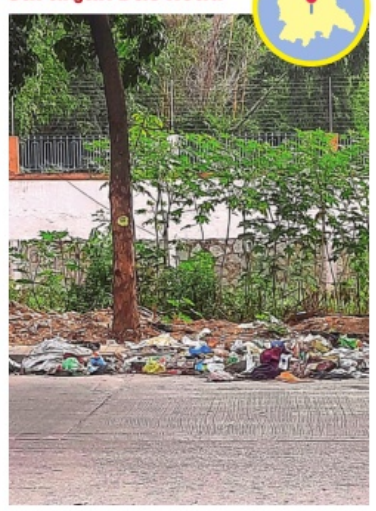
Unfinished project
Jayanagar

Jayanagar's Ashoka Pillar area on Kankan palya Road has been in disarray for two years. A tree and a small garden were removed for temple construction, but the project remains incomplete. The site, littered with construction debris, has caused multiple accidents. While some cleanup was recently done, the temple remains unfinished, leaving no space for rituals or worship.

Trash pileup
Suranjan Das Road



Garbage has been lying on Suranjan Das Road for over a week. Last week, after cleaning the nearby railway tracks, the waste was dumped on the main road. A complaint was raised on the BBMP portal, but no action has been taken.

Abandoned car
Nandini Layout

A car has been left abandoned on the roadside near BHEL Colony in Nandini Layout for over a month.

White-topping projects everywhere, all at once

Delayed work across areas such as JC Road, SP Road, Rajajinagar, leave commuters, traders, residents struggling with dust, jams

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File photo of white-topping work

The deteriorating condition of roads in the city has made commuting a daily struggle for residents. Amid this, the BBMP has undertaken simultaneous white-topping projects across multiple roads, causing severe inconvenience to motorists and local residents.

Sources said that under this project, 147.97 km of roads are being upgraded at a cost of Rs 1,800 crore, divided into 14 packages awarded to different contractors. Major roads, including JC Road, SP Road, Govindaraja Nagar, Chickpet, Vijayanagar, Rajarajeshwari Nagar, and Rajajinagar, have been dug up simultaneously, leading to severe disruptions for commuters, traders, and local businesses. Additionally, delays in the execution of these projects have further aggravated public frustration.

JC Road white-topping delays

M Saab, a businessman from JC Road, said the white-topping work on the stretch, which began in November last year, was initially expected to be completed within three months. However, nearly half of the work remains incomplete. As JC Road serves as a major connecting route to Majestic, the slow progress has led to massive traffic congestion. Although alternative routes have been provided, they too are witnessing heavy jams.

SP Road turns into a mess

SP Road, one of the busiest commercial hubs in Chickpet, is also undergoing white-topping. Srikant Tripathi, a trader, highlighted that the entire road has been dug up, with exposed drainage pipes causing stagnant sewage water, foul odors, and unsanitary conditions. For the last two months, traders and residents have been forced to endure dust, debris, and unbearable living conditions, with no signs of immediate relief.

Dust and disruption in NR Colony

The white-topping work from Narasimharaja Colony Circle to Nettakallappa Road has left the entire stretch in a state of disrepair. Naveena Kumar, a resident, pointed out that the BWSSB is simultaneously installing underground sewage lines, but in many places, dug-up sections have been left open. The ongoing work on both sides of the road has eliminated parking spaces, disrupting businesses and making daily commutes difficult. BMTC bus services on this stretch have been temporarily suspended, further adding to public inconvenience.

In Rajarajeshwari Nagar and Rajajinagar, residents have been facing persistent issues due to prolonged white-topping work. Peter John, a resident, said the West Card Road in Rajajinagar, which connects to Dr. Rajkumar Road, has been under construction for six to seven months, with no signs of completion. While vehicles are allowed to pass, every passing car kicks up massive dust clouds, making it difficult for pedestrians and motorists. Contractors occasionally sprinkle water on the roads, but this has had little effect in controlling the dust.

Other infra work

Apart from BBMP's white-topping projects, Govindarajanagar is also witnessing simultaneous Namma Metro expansion work, leading to multiple dug-up sections across the locality. Adding to the chaos, traffic police are installing new traffic signals, causing further road excavations.

Cop stages protest with father's body in Belagavi

A shocking incident has been reported from Belagavi district, where a police Inspector staged a protest by placing his father's dead body in front of a police station.

He alleged that the high-handedness of a police Sub-Inspector (SI) played a role in his father's death.

The incident occurred in the jurisdiction of Harogeri police station in Raybag taluk in the early hours of Saturday.

Ashoka Sadalagi, an Inspector attached to Devadurga police station in Vijayapura district, staged the protest, demanding action against Harogeri police Sub-Inspector Malappa Poojari.

It is alleged that the police failed to register a complaint against those who had assaulted Inspector Ashoka Sadalagi's father Annappa. Moreover, his father, Annappa, was allegedly detained at the police station for an entire day and harassed.

By evening, Annappa fell ill, experiencing a drop in blood pressure and sugar levels. His second son took him to a private hospital for treatment, where he passed away on Saturday.

Enraged by the incident, Inspector Sadalagi staged a protest by placing his father's body in front of the Harogeri police station, demanding justice and the registration of an FIR against the SI.

The family also insisted that Belagavi district Superintendent of Police, Bheemashankar Guled, visit the scene.

However, Chikkodi Dy SP rushed to the spot and convinced Inspector Sadalagi to withdraw his protest.

Reports suggest that on January 10, three individuals allegedly trespassed on Annappa's farmland. When confronted, they reportedly assaulted him. -IANS

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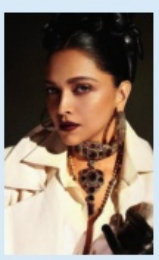

REAL BEAUTY:
... or not, debate netizens as DP's photoshoot sets internet ablaze

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

HARMONY IN DIVERSITY

From a recent event, our reader captured these paper windmills that stand as symbols of diversity & inclusion of colours in our lives

The picture was clicked by reader **Hanish Sharma**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Where will the second international airport be?

Leaders vie for their chosen spots to be where the new airport will come up, but so far no decision has been taken

Sridhar Vivan
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A political tug-of-war has begun among influential leaders within the ruling party regarding the construction of a second international airport in Bengaluru. Following Home Minister Dr. G Parameshwara's suggestion that an international airport in Tumakuru would be beneficial for connecting 21 districts, Deputy Chief Minister DK Shivakumar said, "I wish for a new airport in my hometown." However, he clarified that decisions regarding the airport's location would not be in their hands. "The airport construction process involves multiple considerations. The final decision on whether the airport should be in Bidadi, Nelamangala-Solur, or Tumkur will be made by the Airport Authority," he stated. Reacting to Shivakumar's statement, Parameshwara remarked, "Whether the airport is built in Bidadi or Tumakuru, the advantages will be the same."

It may be noted that the state government's proposal for a second international airport in Bengaluru has received positive feedback from the central government, but the decision regarding its location remains a contentious issue. The competition between Tumakuru, Bidadi, and Nelamangala-Solur for the airport site has led to delays in finalising the location.

In light of increasing passenger traffic and air traffic congestion at Kempegowda International Airport (KIAL), there has been growing demand for a second airport. The state government is pushing for approval from the central government, even as Tamil Nadu seeks to seize the opportunity for its own development. However, the state has not yet been able to finalise the location of the second airport.

Final decision pending: Shivakumar

Shivakumar told reporters, "I wish for an airport in my hometown, but it is not that simple. There are several factors that must be considered in airport construction. The final decision regarding the location of the airport will be made by the Airport Authority." The matter is under discussion in cabinet meetings, with Industry Minister MB Patil leading a site inspection. "After discussions with the Chief Minister and me, the Cabinet will decide on the location, after obtaining the necessary permissions from the authorities," Shivakumar added. Responding to claims that former leaders HD Deve Gowda and HD Kumaraswamy are attempting to gain credit for the second airport, Shivakumar remarked, "When they were in power, they didn't make any efforts for a second airport. Now we are taking the initiative. They are trying to push for it from their local landowners, and I too will ensure that my local landowners push for it."

Cabinet will decide on location after obtaining from authorities

DID YOU KNOW?

Near the end of the age of dinosaurs, a bird resembling today's loons and grebes dove for fish and other prey in the perilous waters off Antarctica. Thanks to a nearly complete fossil skull, scientists now have identified this waterfowl as the oldest-known member of the lineage spanning all birds alive today. The new fossil unearthed on Vega Island near the Antarctic Peninsula of the ancient bird named Vegavis iaai dates to about 69 million years ago, approximately three million years before the asteroid strike at the end of the Cretaceous Period that wiped out the dinosaurs, aside from their avian descendants. Fossils of Vegavis were first described two decades ago. But without sufficient cranial remains its place on the bird family tree had remained ambiguous. The researchers now were able to diagnose Vegavis as nesting among the anatomically modern birds based on two cranial characteristics - the bones of its upper beak and the shape of its brain. — Reuters

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Fact Check: Can taking green chillies after drinking alcohol keep your liver safe?

Newsmeter.in

Claim: Eating green chilies after drinking alcohol can keep the liver safe.

Fact: The green chili has a compound called capsaicin which can provide antioxidants to the human body and remove reactive oxidant species. However, the recent studies are only theoretical and have been tested only on mice.

A Facebook video claims that eating green chilies after drinking alcohol can avoid liver damage citing recent research studies. The video also claims that liver damage is decreasing in people who eat green chili after drinking alcohol.

Fact Check:

Newsmeter found the claims to be misleading.

Dr Arshiya Mubin, gastroenterologist and hepatologist at Gemcare Kamineni Hospital, Kurnool said, "No human trials have been conducted so far. A couple of research have been done only on mice which cannot be considered a process to reduce or cure liver damage due to consumption of alcohol".

When liquor is metabolized, it produces a compound called acetaldehyde, which is harmful to the human body, particularly the liver. "This process leads to the production of many reactive oxygen species which require antioxidants to get metabolized. If the liver has sufficient anti-oxidant called glutathione, the reactive species will be removed," Dr Arshiya said.

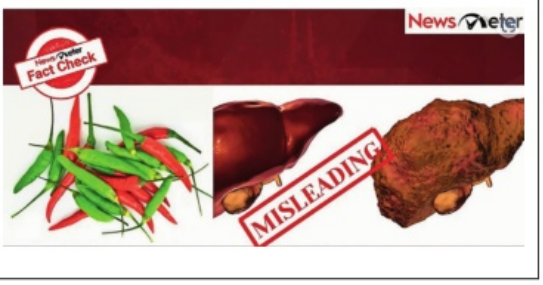
However, the quantity of glutathione is not always sufficient to remove the reactive species, that too when alcohol is consumed in larger quantities. "The green chili has a compound called capsaicin which can provide antioxidants to the human body and remove reactive oxidant species." Dr Arshiya added. However, the recent studies are only theoretical and have been tested only on mice.

"Questions remain on the effectiveness of the compound in humans. We do not have any proof about the effectiveness of the compound in people who are already affected by liver cirrhosis," Dr Arshiya said referring to the claims on research proofs cited in the video.

Experts recommend an active lifestyle to generate antioxidants rather than depending on supplements. "No medicine can bring a cure if alcohol consumption is high and people are following a sedentary lifestyle," Dr. Arshiya said.

Claim Review: A facebook video is viral with claims of green chilli protecting alcohol consuming individuals.
Claimed By: Social media user
Claim Reviewed By: Newsmeter
Claim Source: Facebook
Claim Fact Check: Misleading

The story was originally published by Newsmeter.in (https://newsmeter.in/fact-check-health/fact-check-can-talking-green-chilies-after-drinking-alcohol-keep-your-liver-safe-743418) and republished by Bangalore Mirror as part of the Shakti Collective)



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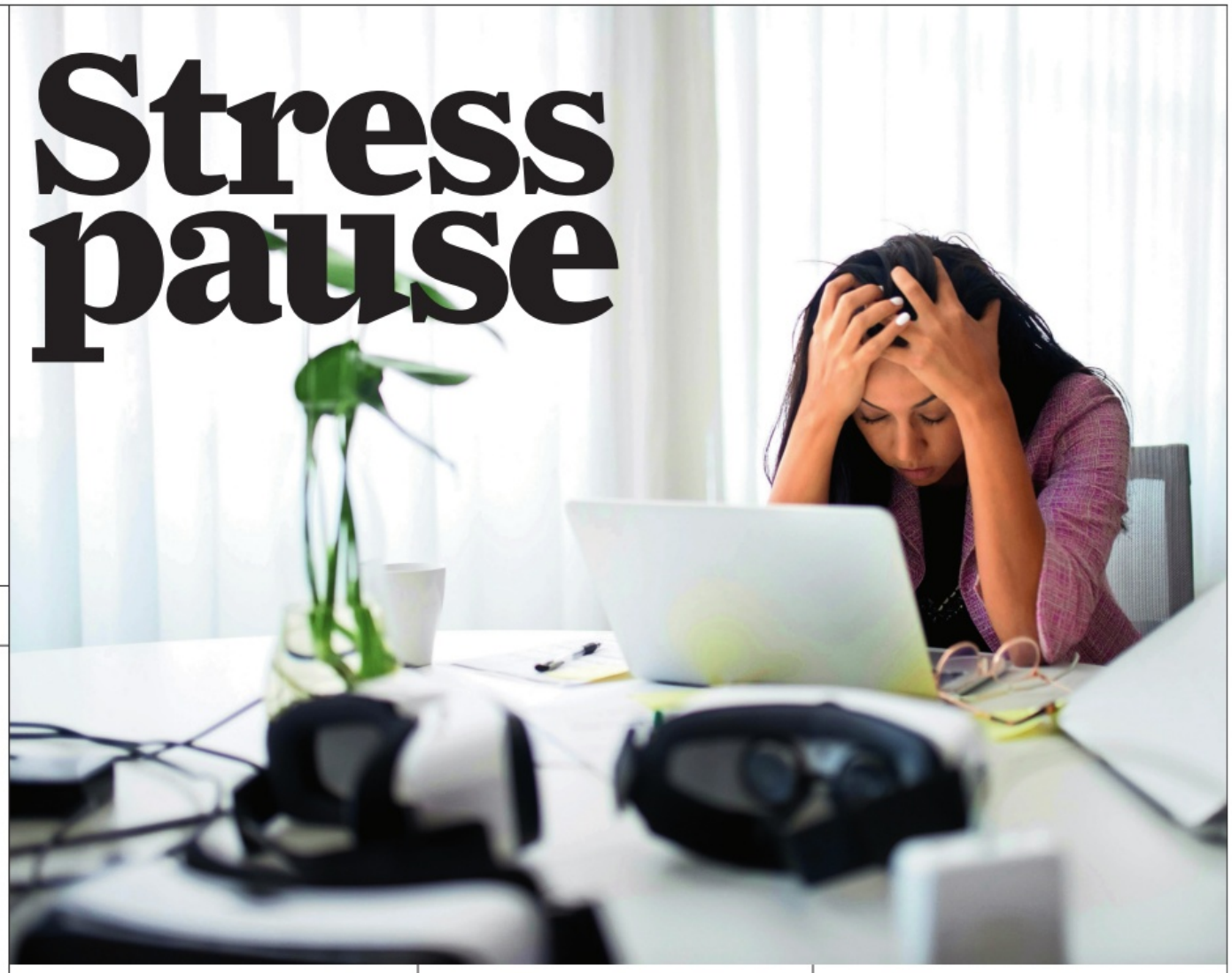

As workplace mental health survey shows depressing results, experts talk about need to focus on mental health of employees

| Rachana Ramesh
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TWEETS @BangaloreMIRROR

A nationwide study on workplace mental health trends reveals that 90% of employees under 25 years of age experienced anxiety symptoms in 2024, whilst 67% of those above 45 years reported similar concerns.

The '1to1help State of Emotional Well-being Report 2024', published for the second year running, analysed data from 83,000 counselling sessions, 12,000 elective screenings and 42,000 assessments conducted from January to November 2024. The report indicates increased counselling service utilisation compared to 2023, with mental health issues comprising 15% of total sessions in 2024. Workplace-related concerns accounted for 11% of sessions, whilst workplace relationship matters dominated at 23%.

"Counselling uptake by men comprised 7% of the total sessions, with 70% of financial consultations being undertaken by men, reflecting their worries about financial anxiety and societal pressure surrounding their role as the breadwinner of the family. Notably, there was a disproportionately larger representation of women in counselling with 52% of all sessions being taken by women. Over 60% of relationship counselling was sought by women, affirming the emotional burden they often bear, in nurturing relationships," stated the report released on January 22.

The study shows that depression and anxiety indicators were more prevalent in individuals under 30 as compared to those above 45, attributed to early-career challenges, relocations and relationship difficulties. The data shows an increase in suicide risk from 19% in 2023 to 22% in 2024, whilst distress cases rose from 12% to 17%. "Alarmingly, 59% of employees referred by their managers showed signs of self-harm, reaffirming the need for manager training to help and support distressed employees," the report noted, highlighting higher suicide risks among employees' dependents. The report advocates extending emotional support services to employees' family members.

Unhealthy digital habits

The findings indicate that only 3% of individuals maintain healthy digital habits, suggesting a need for strategies to manage technology use effectively. The study demonstrates that 98% of individuals achieved their objectives within three counselling sessions. "Among those who initially screened positive for depression, 53% reported a significant decrease in depression symptoms, and 48% reported decreased anxiety. These results show that structured counselling can effectively address emotional challenges, and promote well-being in a short period of time," states the report.

Mahua Bisht, CEO of 1to1help, emphasised the necessity for organisations to prioritise mental health through safe workplace environments, manager training for distress identification, and support for employees' dependents. She noted that people increasingly recognise mental health's importance, moving away from considering it taboo.

"In today's fast-paced corporate and IT environments, employees often find themselves tethered to their work, blurring the boundaries between professional and personal life. The disappearing professional boundaries as a result of 'work-from-home,' the pressure to meet deadlines, respond to emails after hours, and be constantly available can lead to burnout, reduced productivity, and declining mental well-being," said Dr Sachin Baliga, Consultant Psychiatrist, Fortis Hospital.

"Disconnecting from work is essential for maintaining a healthy work-life balance. Pursuing hobbies, spending time with loved ones, and engaging in physical activities not only rejuvenate the mind but also enhance creativity and problem-solving skills. Studies have shown that taking breaks from work improves focus, reduces stress, and fosters overall job satisfaction. There's a reason why some companies are adopting a four-day work week," he explained.

Further, he said that organisations must encourage employees to unplug by promoting flexible work policies, discouraging after-hours communication, and fostering a culture that values well-being over constant availability. "When employees have the space to recharge, they return to work with renewed energy and motivation, ultimately benefiting both the individual and the organization. A well-rested, engaged workforce is more innovative, efficient, and prepared to tackle challenges with a fresh perspective," he added.

IT sector

IT employees face increased pressures and deadlines.

"The IT industry is governed by the Shops and Commercial Establishments Act, which classifies IT firms as 'commercial establishments'. These companies must adhere to the same regulations as conventional businesses, including stipulations about work hours and labour requirements. The rules that oversee traditional retail outlets and enterprises are equally applicable to IT organisations. This is a primitive act to govern the IT sector," Suhas Adiga, from Karnataka State IT/ITES Employees Union (KITU). He said that the state has to implement the standing order which will include detailed stipulations such as overtime payments and number of designated leaves. Setting this aside, the number of hours even under the Shops and Commercial Establishments Act is 48-hours but IT employees often work beyond this, he said.

"It is a well-known fact, both within and outside the industry, that the standard eight to nine-hour workday is largely a myth. Employees are frequently compelled to work beyond official hours, including weekends, without any additional compensation. The employees are also expected to be available even after working hours, blurring the line between office work and personal life. This relentless pressure from employers is causing serious physical and mental health problems for workers," the union said on a social media post.

Right to disconnect

Suhas highlighted the need for 'right to disconnect'. The right to disconnect represents a fundamental human right proposal enabling workers to disregard work-related correspondence beyond office hours. This provision aims to support staff members in achieving equilibrium between professional duties and private life. In 2017, France pioneered the formal recognition of disconnection rights. Subsequently, several European nations, including Spain, Italy, Belgium, Portugal, and Ireland, implemented comparable legislation. Recently, Australia joined these countries by establishing its own right to disconnect regulations.

KITU is organising a 'Mass Gathering' at Freedom Park on March 9 with the slogan: 'A Healthy Work-Life Balance is Every Employee's Right'.

"It is a well-known fact, both within and outside the industry, that the standard eight to nine-hour workday is largely a myth. Employees are frequently compelled to work beyond official hours, including weekends, without any additional compensation

– Suhas Adiga, Karnataka State IT/ITES Employees Union

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Businessman, aides sold fake casino dreams, lose ₹25.5 cr

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Basaveshwara Nagar police have registered a case against five people for allegedly duping investors of over ₹25.5 crore by presenting a fake casino investment scheme to them. The complaint was filed by city-based businessman Vivek P Hegde on February 4.

According to the complaint, Hegde and several of his associates were lured into investing in a supposed casino venture by Ramakrishna Rao, who presented himself as a successful businessman with investments in Sri Lanka and the Middle East. Along with Rao, his daughter Raksha, son-in-law Chetan Narayan, son Rahul Thonse- an ex-friend also in police radar, and wife Rajeshwari Rao have been named in the FIR.

The scheme allegedly began in February 2023, when Hegde was introduced to Rao by a mutual acquaintance, Naveen Chandra Kothari. Rao claimed ownership of casino tables in Sri Lanka and sought financial investments, promising lucrative returns.

Rao allegedly detailed his businesses, mentioning his daughter Raksha, son-in-law Chetan Narayan, and son Rahul managing operations in Dubai. He reportedly offered either a loan with 4% interest or a deposit option.

Initially, Hegde invested ₹30 lakh in March 2023, transferring the money to Rahul Thonse's bank account. As collateral, Rao provided a Porsche Cayenne and two blank IDBI cheques. To further establish credibility, Rao arranged a trip to Sri Lanka for Hegde and Kothari, where they were given a tour of casino operations, reinforcing the illusion of a genuine business.

Over the following months, Hegde and his associates—MP Ravi, T Kashivelu, Manorhal, T Nagaraj, Malikarjun Ravul, and Vivekraj Shetty—continued investing, reaching a total of ₹3 crore by July 2023. Initially, repayments were prompt, boosting investor confidence.

Trap tightens

In mid-2023, Rao cited temporary setbacks in the Sri Lankan casino market and refunded ₹2 crore. However, he soon reassured investors about market improvements and introduced new ventures, including a "City of Dream" casino project in Sri Lanka and a Bitcoin investment opportunity. This prompted further investments, increasing the total amount involved in the scheme.

By December 2023, Rao held a meeting where he claimed that ₹25 crore were required for the project, urging investors to deposit ₹12.5 crore into an escrow account.

Rao promised 50% returns and exerted pressure to secure ₹10 crore before the year's end. Approximately 40 individuals were convinced to invest after attending this meeting. Cash transactions were reportedly handled by Rao's wife, Rajeshwari, and an associate named Harish.

The fallout

By early 2024, the total investments had reached ₹10 crore, including reinvested returns. Rao continued to expand the illusion by proposing additional casino projects in Singapore and Dubai. In February 2024, Raksha and Chetan Narayan visited India, promoting these projects and soliciting further investments.

Hegde alleges that he and his associates were repeatedly pressured to treat the transactions as investments rather than loans. By August 2024, the total investment, including reinvestments, had reached ₹30 crore.

After this, Vivek was given a ticket and accommodation to Sri Lanka, during which Vivek and Naveen Chandra Kothari also went to Sri Lanka. Bella, who looks after Rahul in Sri Lanka, took him to the Jio casino and showed him the tables and convinced him that he could make money here.

However, during his visit, he was allegedly coerced into investing ₹3.5 crore in casino games. He later realised that this was part of an elaborate setup orchestrated to deceive him. When Hegde and his associates started demanding repayments, Rao delayed, demanded more funds, and ultimately resorted to threats, citing influential connections with law enforcement and the judiciary.

Adding to the controversy, Thonse was later found in possession of drugs alongside a Kannada actress, who had been accused in the 2020 Sandalwood drug case. However, the court later quashed the case, further implicating the accused. Hegde claims that when he demanded his money back, Rao and his associates cut off communication, with some of them even blocking his phone number.

Upon receiving the complaint, the Basaveshwara Nagar police launched an investigation and arrested Rao, the primary accused.

Authorities are also making efforts to apprehend Thonse, who is believed to be abroad. Police are currently tracking financial transactions linked to the scam and working on recovering the embezzled funds.

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I,MEHAKMEET Singh Behl S/o Gurmeet Singh R/o B1408 Purva Westend, Kudlu Gate B'lore-560068 have changed my name to Mehakmeet Singh.

I, Kushal Raj Rathanlala S/o Rathan lala R/o 1249 1st Main Meenakshinagar B'luru-560079 have changed my name to Kushal Raj.

I, Gangadhar, R/o Flat No-109 Adiga 100 Trees, Thippasandra, Kanakapura Main Road B'luru-560062 have Changed my name to Gangadhar Basavaraj Bagodi for all Purposes.

I, Gayathri Ramachandra Murthy Rayasa W/o Ramachandra Murthy Rayasa R/O # 103, Sumukha Green Ville Sarbouma Nagar B'lore-560076 have changed my name to Gayathri murthy Rayasa

I, Ahmed Sharief R/o Ward No-25, KGN School Rd , Chintamani Chikkaballapur-563125 have changed my minor son's name from Mohammed Umer Shariff to Mohammed UMAR Shariff.

I, HEMAVATHI K W/o Srinivasa Raju K alias Srinivasa Raju Krishnama, R/at No.37, 2nd Floor, 6th Cross, 3rd Main road, Kothanur Dinne, J.P Nagar 8th Phase, Bangalore South, PO: J.P Nagar, Bengaluru-560078 have changed my name to HEMAVATHI KOSURU, vide affidavit dated 06.12.2024 before notary L Puttaraju, Bengaluru.

LOST & FOUND

LOST: I, Manjula K W/o Venkatesh C, #87, Gangamma Beedi, 4th Cross, Seegehalli, Bengaluru-560067 have lost our original Sale Deed of the measuring Site: 30x40 (1200 sqft) property situated at Residential Site no. 45, Property No.10/13, situated at Doddenahalli Village, Bidarahalli Hobli, Bangalore East Taluk, Bangalore, Sale deed bearing No. 10419/2021-22, dated: 11-11-2021, Registered at: Shivajinagar (Banasvadi). regarding this we have given a police complaint. If anybody found please contact 9741996874 or handover to the nearest police station

Neighbourhood IN FOCUS

Fraser Town chokes on waste, cleanup delayed

Fraser Town struggles with mounting garbage as residents and BBMP trade blame, while management efforts lag; locals urge collective action to restore cleanliness

Bengaluru has been successfully failing to bag the clear city tag. One of the reasons for its failure is trash everywhere and if the Bruhat Bengaluru Mahanagara Palike (BBMP) doesn't buy this argument, then they have to visit Fraser Town. A BM reader said, "Fraser Town is full of garbage everywhere. There is no system for garbage disposal for the houses. While BBMP is working hard to remove the garbage thrown on the roads every day, the residents don't seem to do anything to make their locality a better place to live."

Mohammed Ali, a resident of Fraser Town said, "Living in Frazer Town feels like we're surrounded by garbage, and there's no plan for getting rid of it from our homes. While BBMP is working hard to clean up the roads, we, the residents, need to help too. We should work together to make our neighbourhood cleaner and nicer to live in. Simple things, like sorting our trash at home, can make a big difference. Let's team up with BBMP to make Fraser Town cleaner and better."

"Sorting trash and helping BBMP can improve Fraser Town"

Sunaina D, a resident said, "Every day in Fraser Town is tough because of the garbage problem. We can start by cleaning up together and telling everyone how to throw away trash the right way. By working with BBMP, we can make Fraser Town a cleaner and nicer place." Adding to this, Faizur Rehman, a resident said, "If the BBMP was successfully collecting door-to-door garbage, then why would we have faced such a situation? I feel that instead of the blame game, there should be a collective effort between the BBMP and residents. We can do things like cleaning up our surroundings, teaching others about good trash habits, and supporting BBMP to create a better plan for handling garbage in Fraser Town."

TODAY: TOWNS AREA

Suman Kumar, a resident said, "Garbage is making life tough in Fraser Town, and while BBMP is working on it, they need our help too. If we all start throwing away our trash correctly and support BBMP's efforts, Fraser Town can become clean and pleasant again. By doing so, we need to ensure that Fraser Town's beauty is not spoiled. We can do simple and effective things like sorting our trash at home, cleaning up our area together, and assisting BBMP in their efforts to make Fraser Town a nice place to live once more."

–Prakash VL

Flyover constructed for smooth travel now triggers endless traffic chaos

Flyover constructed to ease traffic on the Lingarajapuram - Hennur, now causes massive jams, with commuters stuck there for hours. The flyover which is situated in Lingarajapuram, which falls under north-eastern Bengaluru causes heavy traffic jams for hours and leaves commuters especially school children stranded.

The flyover was inaugurated in 2016 and was initially meant to ease traffic movement on the flyover and help commuters move from Fraser town towards Lingarajapuram and from Hennur to Fraser town. With the increase of vehicles and the absence of traffic police, this road has now turned into a four-way that allows people to enter the underpass from Pillanna Garden on the left, and Hutchins Road on the right as well.

Converging traffic into narrow road under flyover causes jams

This vehicular movement from all four diversions into one narrow road beneath the flyover is one of the major reasons for the traffic jam, claim the residents of Lingarajapuram. "Traffic police were deployed here for a few days to ease traffic but they were not to be found after a few days," said Vishvitha, a resident of Hutchins Road. She also added that traffic is at its peak during the after-school hours and also in the evenings, as there are two to three schools in the neighbourhood. Another resident claimed that when traffic is at its peak, it is either commuters themselves or the local vegetable vendors who help in clearing the traffic. "They take the role of the Traffic Police," he said.

This road beneath the flyover is said to have had a series of issues in the past as well such as water clogging and water dripping from the flyover during the rainy season adding to the difficulty of the commuters. This ongoing issue can only be fixed if traffic police are deployed and a traffic signal is installed, claim the residents of Hutchins Road.

–Sandra S

NAAC adopts new grading system

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

As the National Assessment and Accreditation Council's Peer Review system had come under scanner, especially after the recent CBI case, NAAC has now decided to refine the process. A NAAC official said, "As per the Dr Radhakrishnan Committee recommendations, NAAC has now proposed to launch the Basic (Binary) Accreditation in April/May 2025 followed by Maturity-based Graded Levels (MBGL). Special committees are working on the preparation of the framework and methodology for MBGL."

Explaining the process, NAAC officials said that the executive committee of NAAC has decided that the current process of accreditation of the involved University in the CBI case is summarily cancelled, and the University will be debarred for five years from applying for accreditation. It is also decided that all the seven members of the peer team are debarred for a lifetime in assessment or any other activities of NAAC with immediate effect. In addition, it is decided to review the recent visits to higher educational institutions (HEI) by any of the seven members for which the results are not declared.

"The results of such HEIs will be withheld, and the standing committee of NAAC may critically review before declaring the results. In addition, it is decided that the visits of the last year will be carefully analysed and put up to the executive committee for further necessary action. Implementation of the above new frameworks (Basic accreditation and MBGL) along with the use of advanced IT-based features shall not only bring objectivity to assessment but also eliminate any unfair practices. Secondly, the process of accreditation is pending for some more HEIs that submitted their applications as per the existing Revised Accreditation Framework (RAF)," said an official.

NAAC officials said that its executive committee has decided to adopt the following decisions for these institutions. Firstly, it has decided to allow the HEIs in cycle 2 and above to retain the validity of their present grade until the basic accreditation and MBGL are launched. They may then choose either of the two (basic or MBGL) based on their preparedness. Secondly, HEIs in Cycle 1 would be given the option to opt for basic accreditation, and their previously paid fees, if any, may be adjusted against their future application. Finally, it has been decided if any of the HEIs in the above categories still wish to proceed with assessment as per the existing RAF, the peer team assessment will be carried out through an online mode for colleges and hybrid (with online and physical) mode in the case of universities.

Adrien Brody bags Critics Choice award

The Critics Choice Awards that took place on Friday, saw Adrien Brody take home the Best Actor award for his performance in 'The Brutalist'

Real beauty

... or not, debate netizens as DP's photoshoot sets internet ablaze

The latest photoshoot pics from Bollywood star Deepika Padukone's return to the runway has sparked an online debate. The actress, who made her long-awaited return to the spotlight after maternity leave, shared photos from last month's event on her Instagram handles. However, many noticed the stark difference between videos from her ramp walk and the official photoshoot images.

The actress, who welcomed daughter Dua with husband Ranveer Singh in September 2024, made a grand comeback last month as the showstopper for designer Sabyasachi. Rocking an elegant white ensemble and sporting a dramatic headpiece along with the designer's signature oversized glasses, Deepika's runway appearance was widely praised. Fans marvelled at her radiant post-pregnancy glow and fuller features while celebrating her return to the fashion scene.

However, the new outtakes from her photoshoot at the event showcased her with noticeably sharper and slimmer facial features, starkly contrasting the softer, fuller look seen in ramp walk videos. This led to speculation among fans about whether the actress had digitally altered her photos.

While some netizens were convinced that the images had been retouched, others argued that it could simply be a case of different camera angles, lighting, or even the "wrong frames".

One fan wrote, "The Photoshop removed all her cheek fat." Another said, "It would have been much better if she had put out her real, unedited pics to send a message that it's OKAY to not look perfect if you have just delivered a baby."

"Why set unrealistic standards for women post partum?" another asked. **—ETimes**

Whodunnit, but in a forest

Adhipatra

2.5 RATING ★★½☆☆

- **DIRECTOR** Chayan Shetty
- **ACTORS** Roopesh Shetty, Jahnavi Mahadi, Raghu Pandeshwar, Prakash Thuminad, Deepak Rai Panaje, MK Mata
- **CERTIFICATION** U/A
- **Duration** 157 minutes

In Chayan Shetty's first film as a director, he has religiously attempted to showcase traditions and cultures of Coastal Karnataka. The specialty of the movie is that it revolves around a forest and people living in nearby villages. After the success of Kannada movie Kantara, it has become a trend in Sandalwood to make movies based on forest and culture & traditions of coastal Karnataka.

The director sticks to the script faithfully. He has succeeded in pulling this movie off without following the format of commercial movies that need a lot of money to showcase the protagonist as a superhero. The introduction of the hero in this movie is simple and apt. He is a police sub-inspector and is seen coming on a private motorcycle to join the duty.

The movie begins with two drunk villagers searching for a particular tree in the forest at night. At this juncture, the director introduces a flashback scene of a murder that took place eight days ago. The next scene is Shivapura Police Station where a corrupt police constable demands money from a villager who wants the police to find his missing bike. Athreya (Roopesh Shetty), a sub-inspector, is transferred to Shivapura Police Station as the incumbent sub-inspector Vishwanath died in mysterious circumstances. Athreya has the task of not only investigating the mysterious death of Vishwanath but also to find the latter's missing revolver. He has another task of revealing the mystery of the demonic spirit in the forest. And another task is to investigate the murder of Balarama (Prashanth Natana), an editor of Jantavani.

Roopesh Shetty has acted well. Jahnavi Mahadi, as a journalist, Raghu Pandeshwar, as the villain, Prakash Thuminad, as a corrupt police constable, provided good support.

It is worth a watch if you want to delve more into the traditions and cultures of Coastal Karnataka. **—Y Maheswara Reddy**

Laughter, drama and action

Unlock Raghava

3.0 RATING ★★★☆☆

- **DIRECTOR** Deepak Maduvenahalli
- **ACTORS** Milind, Rachel David, Sadhu Kokila, Avinash, Ramesh Bhat, Shobhraj, Bhumi Shetty, Dharmanna
- **CERTIFICATION** U/A
- **Duration** 126 minutes

Director Deepak Maduvenahalli, known for helming movies Bhagyaraj and Kalbettada Darodekoraru, has done a good job in keeping the audiences entertained for two hours. The director has heavily depended on comedian-cum-director Sadhu Kokila and character actor Shobhraj to tickle audiences' funny bone.

The movie is about Raghava (Milind) who is an expert in unlocking locks. Raghava has another task: Reuniting with his school sweetheart Janaki (Rachel David) who had gone along with her father Jagapathi (Avinash), who works with Archeological Survey of India, to another city. Janaki and her father Jagapathi come to Kotenadu on an excavation project. Raghava happens to meet Janaki but could not recognise her. Peter Solomon (Shobhraj), an antiquities smuggler, keeps an evil eye on Janaki. He arranges his marriage with her. You have to watch the movie to know what happens to Raghava and Janaki.

Milind has acted well. Though Unlock Raghava is his maiden movie as a hero, Milind is at his best in dialogue delivery, action, and dance. Rachel David of Love Mocktail 2 fame looks beautiful. Sadhu Kokila, as Harischandra, has tried his best to make the audiences laugh. In Japanese traditional attire, he looks funny. Though no one understands his dialogues (in Japanese), audiences will have a hearty laugh. Sobhraj, known for playing the villain characters, has proved his skills to play the comedian. Veteran character actors Avinash, Ramesh Bhat, Bhumi Shetty, Veena, and Sundar have provided good support.

Anoop Seelin's music is good. Cinematographer Lavith deserves a pat on the back.

The movie would have been a good entertainer had the director focused on the screenplay.

All in all, the movie is worth watching to unlock fun.

—Y Maheswara Reddy

My face, my choice

Shruti Haasan, Kamal Haasan's daughter and one of the leading actresses in the South Indian film industry, has always been vocal about her stance on cosmetic procedures. Over the years, she has undergone multiple enhancements and has never shied away from admitting it.

In a past conversation on Hauterrfly's show The Male Feminist, Shruti emphasised the importance of being honest about her experiences with cosmetic procedures. She acknowledged having fillers and fixing her nose, recounting how the latter was a necessity after an injury. She shared that when she entered the film industry, her nose had been broken, but many people assumed she was using a medical condition as an excuse for surgery. "I did get my nose fixed, and it was very obvious I got my nose fixed. My nose was broken and quite different from before. I did my first film with my old nose, and then people were like, 'She is just using the deviated septum excuse.' No, I did have a deviated septum. It hurts, but if I could make it prettier, it's my face," she added.

She also addressed the criticism she faced for using fillers. During the interview, Shruti confidently admitted to getting them and made it clear that if she ever decided to undergo a facelift in the future, it would be entirely her decision. **—ETimes**

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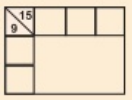
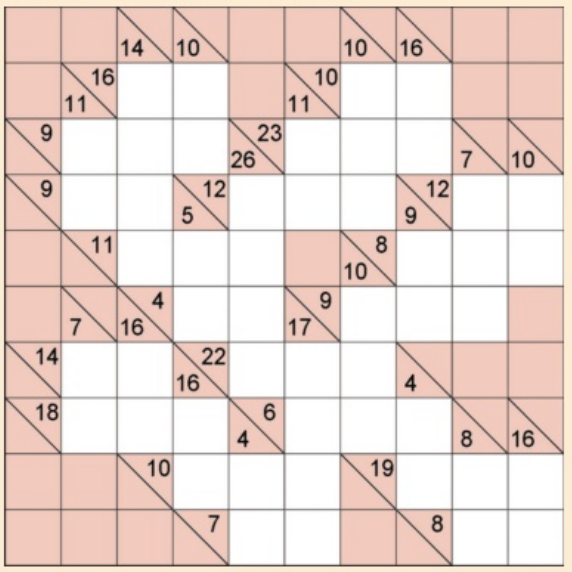
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

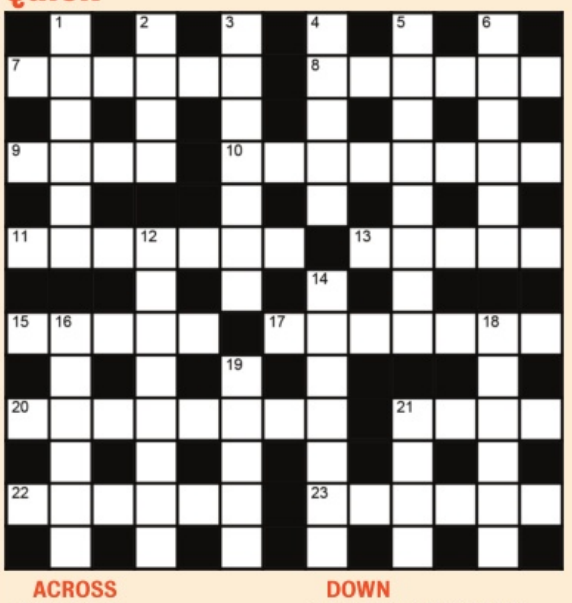


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Rubber (6)
8 Mark of new driver (1-5)
9 Tax on goods (4)
10 Waylays (8)
11 Big Bang Theory's ____ Cooper (7)
13 Tends to droop (5)
15 Tie the knot (5)
17 A group (7)
20 Seaport in east China (8)
21 Slip sideways (4)
22 Rests or slumbers (6)
23 Bigger (6)

DOWN

1 Bend down fearfully (6)
2 Catch sight of (4)
3 The ___ : Almighty God? (7)
4 Small drops or spots (5)
5 Cutting drastically (8)
6 Road (6)
12 Voice boxes (8)
14 Tourist destination home to the Ranganatha Swamy Temple (1,1,5)
16 For a short time (6)
18 Chauffeur (6)
19 Board game (5)
21 Certain (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS G

IL ISSVIHVU ZH JLV OCJ NV-VWH I FUJFJWZGV, CJSZLQ ZX OZGG VIX CZR GIHX.

Linemaro

I love that sparkle in your eyes

Mindchow

It began in mystery, and it will end in mystery, but what a savage and beautiful country lies in between

Joke of the day

My friend David had his ID stolen the other day. Now we just call him Dav

Loop

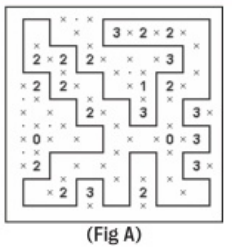
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

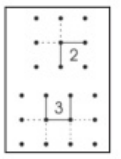
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

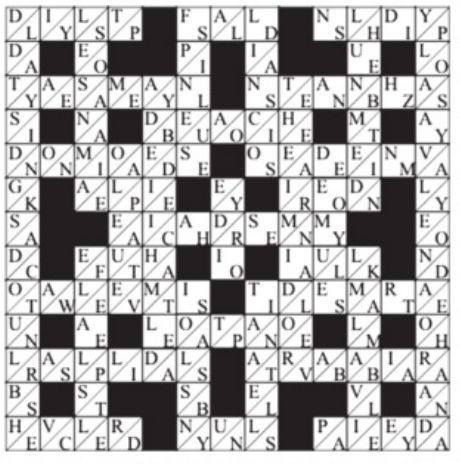


(Fig A)



(Fig B) Not Allowed

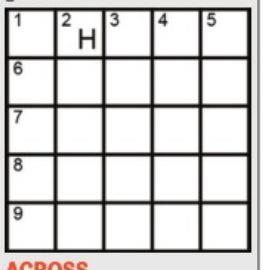
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

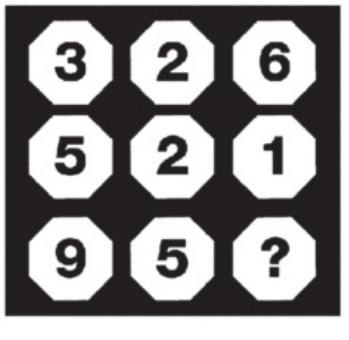
1 Posh C; 6 Allah; 7 I rind; 8 Eg set; 9 Is fen

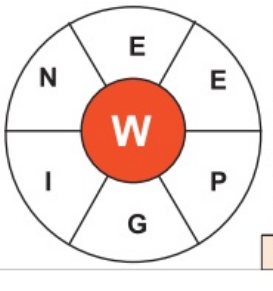
DOWN

1 Fiche; 2 I hang; 3 Dolen; 4 Pears; 5 Silts

Mensapuzzle

What is missing from the last octogon?





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

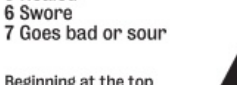
SudokuChallenge

	3			1	4	8	7	
	1	6	8					
			6				2	
	9			5		4		
			4		6			
		4		2			8	
	7				8			
					1	3	9	
	4	5	9	7			6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy ☐☐☐☐☐☐☐ = 19

2 3 6 8

Medium ☐☐☐☐☐☐☐ = 13

2 2 3 6

Hard ☐☐☐☐☐☐☐ = 69

1 7 7 3

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Rear wheels are moved back. 2. Leash is moved. 3. Fingers are showing. 4. Dog's ear is not showing. 5. Fence is wider. 6. Cap is turned around.

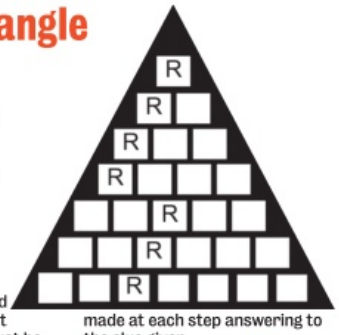
Riddler

What two digit number should replace the question mark?

20766: 12 46655: 20 57877: 35 95214: 36 74208: ??

Alpha triangle

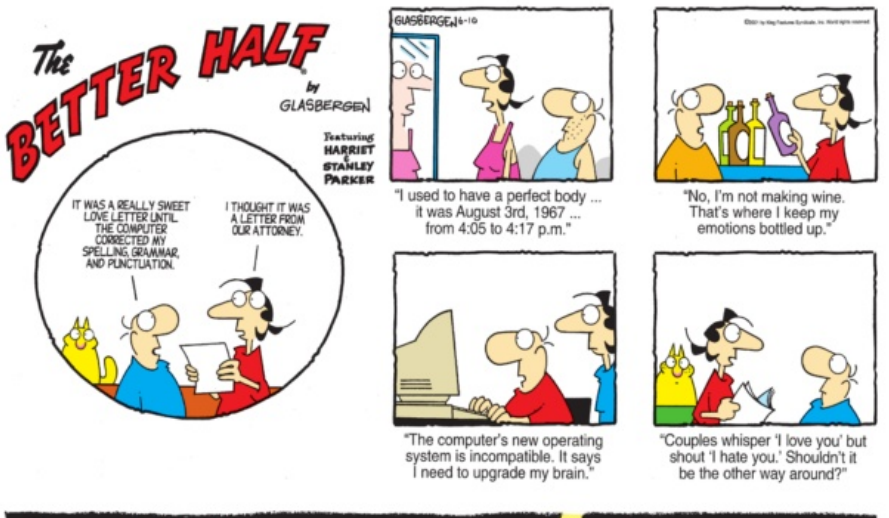
1 Right letter
2 Again, prefix
3 Ledger colour
4 Wished it undone
5 Healed
6 Swore
7 Goes bad or sour

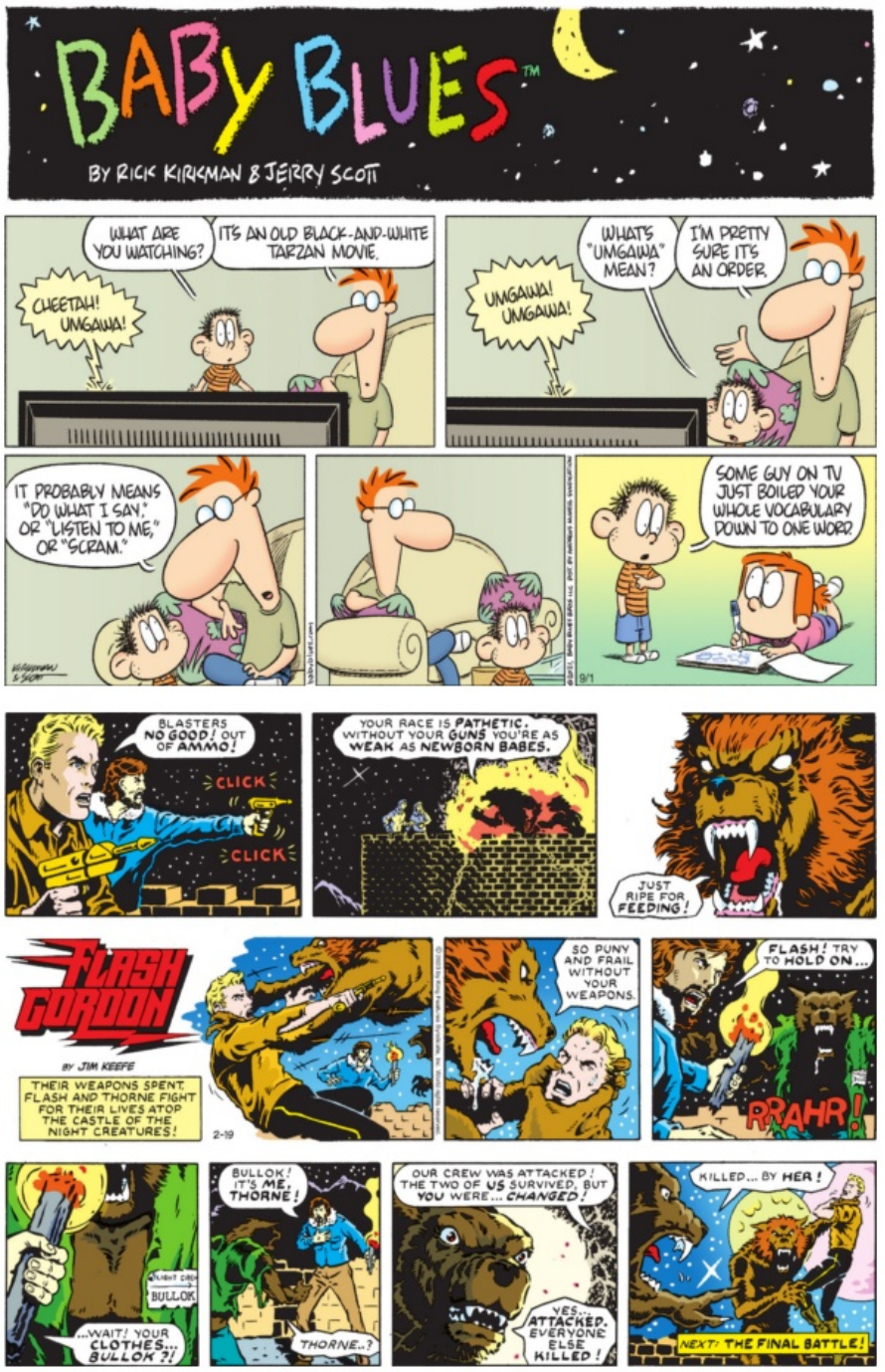


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
IT WAS A REALLY SWEET LOVE LETTER UNTIL THE COMPUTER CORRECTED MY SPELLING, GRAMMAR, AND PUNCTUATION.
I THOUGHT IT WAS A LETTER FROM OUR ATTORNEY.
"I used to have a perfect body ... it was August 3rd, 1967 ... from 4:05 to 4:17 p.m."
"No, I'm not making wine. That's where I keep my emotions bottled up."
"The computer's new operating system is incompatible. It says I need to upgrade my brain."
"Couples whisper 'I love you' but shout 'I hate you.' Shouldn't it be the other way around?"


BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
WHAT ARE YOU WATCHING?
IT'S AN OLD BLACK-AND-WHITE TARZAN MOVIE.
CHEETAH! UMGAWA!
UMGAWA! UMGAWA!
WHAT'S "UMGAWA" MEAN?
I'M PRETTY SURE IT'S AN ORDER.
IT PROBABLY MEANS "DO WHAT I SAY," OR "LISTEN TO ME," OR "SCRAM."
SOME GUY ON TV JUST BOILED YOUR WHOLE VOCABULARY DOWN TO ONE WORD
9/1
BLASTERS NO GOOD! OUT OF AMMO!
CLICK
CLICK
YOUR RACE IS PATHETIC. WITHOUT YOUR GUNS YOU'RE AS WEAK AS NEWBORN BABES.
JUST RIPE FOR FEEDING!
FLASH GORDON
BY JIM KEEFE
THEIR WEAPONS SPENT, FLASH AND THORNE FIGHT FOR THEIR LIVES ATOP THE CASTLE OF THE NIGHT CREATURES!
2-19
SO PUNY AND FRAIL WITHOUT YOUR WEAPONS.
FLASH! TRY TO HOLD ON...
RRAHR!
BULLOK
...WAIT! YOUR CLOTHES... BULLOK?!
BULLOK! IT'S ME, THORNE!
THORNE..?
OUR CREW WAS ATTACKED! THE TWO OF US SURVIVED, BUT YOU WERE... CHANGED!
YES. ATTACKED. EVERYONE ELSE KILLED!
KILLED... BY HER!
NEXT: THE FINAL BATTLE!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You are blessed by the moon. You may expect to hear some good news in terms of profession. Domestic life will be in full swings of joy. You are advised to avoid getting into arguments on flimsy topics. Over excitement may test your patience. You can take important decisions on making investments in real estate. Students will be focused on their studies.

Taurus Apr 21 – May 20
You will feel some dullness but somehow you may get back to your work. You may pay extra attention to kids' academics. You may be in the winning position against your enemies and opponents. Investors should be careful while making difficult decisions. Job seekers may find suitable jobs.

Gemini May 21 – Jun 21
Today, you may find negative vibrations around you, which may make you unhappy. You should avoid making investments in worthless assets. You may notice that friends may not be supportive today. So you should not expect more help from them, otherwise it may make you more upset. You should make independent decisions today.

Cancer Jun 22 – July 23
Today you may feel dull, you may face obstacles on the work front. You should keep patience in making investments. Quick decisions in business are not advisable today. You are likely to spend money on worthless items, which may make your family unhappy.

Leo Jul 24 – Aug 23
Today, your hard work may pay offand bring you success. You may plan to go for a short work-related trip. Your subordinates may support you in implementing your business plans. Your opponents may praise your hard work. You may hear good news from siblings.

Virgo Aug 24 – Sep 23
Today you may be able to control your expenditure on worthless items. You may plan to invest capital in a business. You may invest your savings into some real estate projects, which will boost your financial health in the near future. You may be polite with others. You may be able to focus on domestic affairs but your spouse will become upset or will have some health issues.

Libra Sep 24 – Oct 22
Today may have good vitality and inner strength. You may make good plans and may implement them efficiently but you should carefully read documents before putting your signature. Due to over enthusiasm, you may invest some capital into family business. Love birds shall avoid discussions on needless topics.

Scorpio Oct 23 – Nov 22
Today is not a good day due to anxiety and restlessness. You may waste time doing worthless tasks. You may plan to visit some religious place to seek peace of mind. You may get some advice from your elders which may show you some direction to manage the messy situation.

Sagittarius Nov 23 – Dec 22
Today you will have a social get together, and will re-establish your network, which will give you benefits in the near future. Those working in glamour, art, fashion will plan to do something new in terms of their profession. Students will perform better today in academics. Love birds will enjoy their happy moments.

Capricorn Dec 23 – Jan 20
Today you may be busy on the work front, which may make you tired and you may be not able to proper time with family. You may be able to create some overseas networks also. You should be careful in terms of investments. Those in jobs may get a promotion.

Aquarius Jan 21 – Feb 19
Today, the situation is under control now. Your destiny is likely to be with you in terms of gains in business. You may get some rewards for your hard work. It may be a good time to reinitiate your projects you had postponed. You may expect peaceful religious travel. You may also plan to donate some amount to any religious place or to some charity.

Pisces Feb 20 – Mar 20
Today your moon is not in a good position so you may face health issues. You may face losses in the business or in investments. It is advised to keep off investing. Your gains will be converted into losses. So you are advised to stop making investments in worthless projects. You should avoid being involved in controversies, otherwise it will pull you down.

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SOLUTIONS

SOLVE IN 1M
= 2 +9-1 = 11

BULL'S EYE
weep, WEEPING, wine, wing, wipe

FAST FIVE

C	H	O	P	S
H	A	L	A	L
I	N	D	R	I
E	G	E	S	T
F	I	N	E	S

RIDDLER
56. The answer on each line is obtained by multiplying the first and last digits of the larger number.

STRIKE OUT

E	V	E	R	Y	U	L	P	I	E	D				
S		S		S		L		L		N				
R	A	P	I	D	S		A	R	A	B	I	A		
U		A		E	A	T	N	O		M		H		
O	W	L	E	T	S		I	D	E	A	T	E		
C		E	T	A		O		I	L	K		N		
A		A	C	A	D	E	M	Y				O		
G	E	L	I		E	R	O	D				L		
N	O	M	A	D	S		O	E	D	E	M	A		
I		A		B	E	A	C	H		T		Y		
Y	E	S	M	A	N		S	T	A	N	Z	A		
	R	A		S	E	R		P	L	A	T	E		
	L	I	S	P		F	A	D		S	H	I	P	

QUICK

		C		E		C		B		S		S		
		E		R		A		S		E		R		
		S		L		E		P		S		L		A
		R		G		E		R				E		R
		S		H		A		N				G		R
		I		G		E		L		U		V		
		S		H		A		N		G		H		A		I
		S		K		I		D				R		
		M		A		R		R		Y		B		R		I		G		A		D		E
				A				R				B				N								
		S		H		E		L		D		O		N				W		I		L		T		S
		D		U		T				Y				A		M		B		U		S		H		E		S
				O				P				E				O				A				R		
		E		R		A		S		E		R				L		P		L		A		T		E

SUDOKU

3	4	5	9	7	2	1	6	8
8	6	2	5	4	1	3	9	7
9	7	1	3	6	8	2	4	5
7	5	4	1	2	9	6	8	3
1	2	3	4	8	6	7	5	9
6	9	8	7	5	3	4	1	2
4	8	7	6	3	5	9	2	1
2	1	6	8	9	7	5	3	4
5	3	9	2	1	4	8	7	6

MENSA PUZZLE
8. Starting in the top left and working in columns, add the first two numbers together and add 1 to give the number at the bottom of each row.

QUOTE UNCODE
An appeaser is one who feeds a crocodile, hoping it will eat him last.

ALPHA TRIANGLE
R, Re, Red, Rued, Cured, Curdled.

GO FIGURE
Easy
2 + 8 + 3 + 6 = 19
Medium
2 + 2 + 6 + 3 = 13
Hard
7 + 3 x 7 – 1 = 69

LOOP

KAKURO

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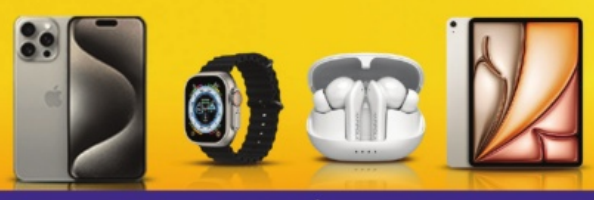

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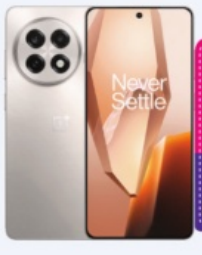

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